

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I am a celiac and have been using hemp hearts since Dec/07 (9 months) I have many food allergies which include most of my protein foods and this is a source of protein I can handle

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I am a 30 year old mother of an active 2.5yr old boy. I have been eating hemp hearts since discovering digestive problems after having my son approx. 2 yrs.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I am celiac & find that I use Hemp Hearts on my fruit or breakfast cereal, it keeps my energy level even.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I have been using Hemp Hearts for 3 years, as I cannot eat meat, because of allergies & only 1 small kidney. I found these supplemented my protein intake satisfactory

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We advise customers that Hemp Hearts should be eaten for breakfast with unbleached raw flax and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.  
**Please describe your experiences regarding digestive health and Hemp Hearts:**

I have hemp hearts with plain yoghurt or make protein balls with them. My stomach is very sensitive and I have had no problems digesting them.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I don't eat hemp hearts to control hunger, I eat them because they are healthy and easy to digest.

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**Please describe yourself and the length of time that you have been using Hemp Hearts:**

I ate hemp hearts during the summer of 2007 and started again in February of 2008. I have been eating hemp hearts on average 6 days per week since then. I eat small amounts of meat because I have difficulty chewing tough meat and I never eat fish of any kind. Hemp hearts are an important part of my protein & omega fat intake.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I AM A VEGETARIAN AND I COUNT HEAVELY ON HEMP HEARTS FOR MY PROTEIN. I DO NOT CRAVE STARCHES AND THEREFORE DO ONLY USE THEM OCCASIONALLY IN MY DAILY FOOD INTAKE.